

E Blast
November 26, 2021

Preparing for the Coming of the Christ Child

In last week's E Blast, I shared some recommendations as to how to begin a regular practice of centering prayer. This week I wish to briefly continue with what I shared last week.

Many of us and I include myself in this, have difficulty slowing down our minds and hearts. Each morning when we awake from a night's sleep, we often have a long to do list of all the tasks that have to be completed that day. Sometimes our sleep the night before might have been fitful as we worry about all that we predict will happen to us the next day. I do not have an easy cure for this condition, only to say you are not alone.

Recently I have been aware of what happens to my interior life when I attempt to take the stance of seeing each day as a new day. The clock is reset, and I try to allow the day to unfold without my trying to control the outcome. This is not easy, and it does require us to slow down and try to empty ourselves of all that burdens us on a regular basis. I am in no way there yet, but I find peace when I can surrender to not knowing what the day has in store.

The season of Advent invites us for a period of four weeks to take time to take our focus on all that we must do and place that focus on preparing our hearts and minds on the birth of Christ. As begin the season of Advent try this exercise. As you shake the sleep from your eyes commit to living each day as a new day with all its possibilities and challenges. Then hold all of it lightly and experience the day in a new way. Sure, there will be challenges but maybe you might see them in a new way and instead of reacting you embrace them to learn about your own self. Advent is a wonderful time to try this, and I encourage you to give it a try this holy season.

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